

YCIS - Ek Ped Maa Ke Naam 2.0 - Campaign

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CLASS: 12 C

PLANT: Monstera Deliciosa (AKA Swiss Cheese Plant)

CARE INSTRUCTIONS:

1. Choose a spot with **bright, filtered sunlight**—like under a pergola, shade cloth, or beneath taller plants. Direct midday sun can scorch the leaves. Morning sun or dappled light is perfect.
2. Water thoroughly when the top few inches of soil are dry—usually **every 3–5 days** depending on weather. Best done **early in the day** to avoid fungal issues and help the plant absorb moisture before heat sets in.
3. Trim dead leaves. Remove yellow or damaged leaves to keep the plant healthy.
4. Use a balanced organic fertilizer during spring and summer. Mix compost into the soil every few months for natural nutrients.
5. Strong winds can tear leaves, plant near a wall or use windbreaks.

ECOLOGICAL BENEFITS:

1. Its large, fenestrated leaves increase surface area for **photosynthesis and toxin absorption**, improving air quality over time.
2. As an epiphytic plant, Monstera absorbs moisture from the air through its aerial roots and waxy leaves. This helps **balance humidity levels**, especially in dry environments.
3. When planted outdoors, Monstera's root system helps **stabilize soil**, reducing erosion in tropical or sloped landscapes. Its leaf litter can contribute to **organic matter**, enriching the soil ecosystem.
4. In its native habitat, Monstera provides shelter and food for insects, birds, and small animals. The ripe fruit of *Monstera deliciosa* is edible and can attract pollinators and frugivores, supporting local biodiversity.
5. Like all green plants, Monstera absorbs **carbon dioxide** and releases **oxygen**, contributing to the reduction of greenhouse gases. Its fast growth rate means it can sequester more carbon compared to slower-growing plants.
6. Traditional medicine in regions like Mexico and the Caribbean uses Monstera roots and leaves to treat ailments like arthritis and snake bites. In Eastern cultures, it symbolizes **longevity and respect**, often gifted to elders or used in feng shui to attract positive energy.

INTERESTING FACTS:

1. Monstera deliciosa is nicknamed the **Swiss Cheese Plant** because of its iconic leaf holes (fenestrations), which resemble slices of Swiss cheese.
2. The fruit of Monstera deliciosa is called **ceriman** and tastes like a mix of **banana, pineapple, and mango**, but only when fully ripe! Unripe fruit contains oxalic acid and can be toxic.
3. Those dramatic leaf holes aren't just for show, they help the plant **withstand heavy rain and wind**, allow **light to reach lower leaves**, and reduce **water weight**
4. In the wild, Monstera can climb up to **20 meters (65 feet)** using its aerial roots to scale trees in search of sunlight.
5. With its bold leaves and tropical flair, Monstera is one of the most **photographed houseplants** on social media.

